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The Daily TITAN

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WEEKEND

DECEMBER 7, 2001

CSUF senior Phillip Chen finally gets the chance to prove his talents — see Sports page 6



Depression hits hard during holi-

■ STRESS: Studies show that Christmas season can draw out emotions that people usually suppress

By JAMES REYNOSA
Daily Titan Staff Writer

At times, Jamie Hornesto feels like a fly caught in amber. Her depression encases her as she struggles to survive each day, and particularly the holidays, without being overwhelmed by the loss of her mother, who died of a stroke two years ago.

"For almost 20 years, it was just me and my mom," she said. "And now, I just feel alone. Every holiday season, I walk to her gravesite and leave a rose; and it seems to be getting harder to make that walk."

Studies from the Harvard Medical Journal show stress from the holiday season can sometimes trigger depression. But for Marlys Madsen, the end of year holidays are also a season for sadness and stress.

"This depression, sometimes referred to as the holiday blues, is temporary, but real, and can be lessened by setting realistic expectations," said Dr. John Dolby of UCLA Psychiatric Medicine.

But the realization that depression may have been hiding should be dealt with appropriately, said Dolby, by seeking proper treatment.

It is supposed to be the season for music and merriment, fun and family. But for Marlys Madsen, the end of year holidays are also a season for sadness and stress.

When her husband died suddenly four years ago, it triggered depression that grows worse as the holidays draw near.

"It's usually a happy time, and you feel kind of resentful because you can't be as happy as a lot of other people," Madsen said. "You really wanted to skip over them until Jan. 1, but it doesn't work that way."

The signs and celebrations of the Christmas holiday are all linked to her departed companion and their marriage which spanned 47 years, starting when Madsen was just 15.

"He was my first love, my only love and my best friend, and all of a sudden he's gone," she said. "My husband really loved the holidays. He was a great family man."

Psychologist Marcie Moran, Ph.D., of Avera McKennan Hospital in Seattle, thinks people with a tendency toward depression are at higher risk for holiday blues.

"I think people with a higher vulnerability tend to be more affected and sometimes it can get them into more serious problems," she said. "I think it can be enough to trigger an illness or an episode of depression."

A case of the holiday blues will pass with the season, but depression is like a visitor who won't leave, sufferers say.

Research suggests that ignoring symptoms like fatigue, loss of appetite or sleep problems can not only ruin your holiday, but over time, can increase the risk of heart attack or stroke.

Family figures who traditionally oversee a household's holiday plans are particularly at-risk for holiday depression since they frequently feel responsible for a family's good time.

"I think people who are more perfectionists have a greater tendency to get themselves in trouble over the holidays," Moran said.

"It's wanting everything to be perfect and wanting everyone to be happy. Often times that's not reality."

Having managed dozens of family Christmases, Madsen knows the strain of holiday planning.

"Something or other isn't quite the Martha Stewart holiday that they would like to have," she said.

Experts like Dr. Moran suggest trimming holiday stress by trimming expectations.

DEPRESSION/7

True holi-day

■ CELEBRATION:
Winter festivities have been evolved over time by several different cultures

By NAOMI ULICI
Daily Titan Staff Writer

Jesus Christ shares his name with the widely celebrated Christmas holiday. But that's about it. The word Christmas entered the English language in 1050 as "Christes maesse" meaning "festival of Christ," followed by the shortened "Xmas"—the Greek letter chi short for "Khristos."

Etymology aside, the story of Christmas was evolving long before "The First Noel" lay sleeping in that manger.

Many people still believe the holiday commemorates the "holy day" when Virgin Mary brought baby Jesus into the world, but history shows the celebration to be a mingling of ancient folklore and tradition that worshiped everything but the Christ child.

While the Encarta Online Encyclopedia introduces Christmas as an annual Christian holiday celebrated by Roman Catholics and Protestants on Dec. 25, there is little to no evidence in the New Testament that any of the early Christians celebrated Christ's birth.

Members of the Eastern Orthodox Church solemnly observe the Epiphany Jan. 6 in seasonal remembrance of Jesus' baptism, but Easter remained the main Christian holiday, commemorating Christ's crucifixion, resurrection and ascension.

The winter celebration period that

extends from Dec. 25 to Jan. 6, however, was no novelty to Pope Julius I who officially appointed Dec. 25 as Christmas day in the fourth century.

It is commonly believed that the date was chosen in an attempt to provide Christians an alternative to the pagan winter solstice festivals Roman citizens raucously celebrated.

With the harvest safely stored, the calves fattened for slaughter and the wine fermented, it was only natural that the Romans begin "Saturnalia" in honor of Saturn—the deity of agriculture around Dec. 17. The revelry continued with "Opalia," a festival in honor of the Goddess of Plenty and was compounded by the "Consualia" and "Dies Juvenalis," festivals honoring the end of the sowing season and the coming of age festival for all young men.

A feast dedicated to the sun god "Sol" began Dec. 25 with more music, dancing and torchlight parading to bring in the New Year festival.

Food and drink were plentiful during the festivities as the Roman social order was reversed. Slaves and peasants temporarily commanded the cities, halting all business and schools in the merry-making process.

Many Romans also celebrated the extra measure of light winter solstice brought by participating in ritualistic festivals to Mithra, the infant Persian god of light.

According to the History Channel, early church leaders hoped that holding Christmas at the same time would increase the holiday's chances of being embraced by the masses by allowing believers to participate in the carousing while still honoring Christ's birthday.

They unknowingly gave up



NAOMI ULICI/Daily Titan

A nativity scene graces a customer service representative's cubicle at College Park.

the power to dictate how Christmas would be celebrated. Through time, Christian beliefs combined with existing pagan feasts and rituals to create new traditions, blurring the lines between meaningful religious remembrance and secular merriment.

By the Middle Ages in England, Christianity had replaced polytheistic beliefs, but the winter holidays had become a carnival street party. The season became known for gambling, extravagant behavior and overindulgence in food and drink.

During the Reformation, devout Christians distanced themselves from the decadence by canceling Christmas in 1645, but it was restored when Charles II took the throne.

Fed up, the Pilgrims packed up and came to America in 1620 where they could practice their faith in the purist form. Christmas was outlawed in Boston for nearly two decades after 1659 when the city began fining anyone celebrating it five shillings.

Christians in America began to celebrate Christmas again in 1704.



NAOMI ULICI/Daily Titan

Hub group, LLC employees compete for best decorations.

CHRISTMAS/3

■ CAMPUS: History professor Lawrence de Graaf has been with CSUF since its inception in 1959

By KIMBERLY PIERCEALL
Daily Titan Staff Writer

Ask Professor Lawrence de Graaf about Cal State Fullerton's history, and he is likely to have an answer—including exact dates and full names. De Graaf isn't just fond of the university's history, he lived it.

He watched when 16 elephants raced across campus—or what is now Lot B. He remembers seeing theater productions in a low-ceilinged cramped portable room—or what is now the public safety area. He remembers when

McCarthy Hall was built and proclaimed Fullerton's largest structure—or what is now the building overshadowed by the nearby library, Humanities Building and Langsdorf Hall.

After teaching history at CSUF for 42 years, de Graaf will spend the next few weeks packing over 100 books adorning the shelves of his modest office in Humanities—and retire.

He is one of only three people on campus who has been with CSUF since its inception in 1959.

His article, "Recognition, Racism, and Reflections on the Writing of Western Black History," appeared in a symposium last February sponsored by the Smithsonian Institution National Museum of American History called "Quest for Freedom: The Black Experience in the American West." And for his expertise in ethnic studies, the California Council for the Humanities included him in their

directory of "California thinkers."

He has seen the campus change physically, ("McCarthy Hall stuck out like the NYC skyline," he said) and the student body change with the times.

From 1967 to 1970, anti-war protests and the Students for a Democratic Society weren't only relegated to UC Berkeley and Kent State. He said students and faculty filled the Titan Gym for a teach-in and some students later staged a sit-in inside the president's office. He recalled a visit by Governor Ronald Reagan to CSUF in February 1967, his first visit to a California public university.

Two students were caught heckling the governor and were later arrested by the LAPD inciting more protesting fervor in the student body. "Tell [special collections office in the library] you're another de Graaf student," and they may give

DE GRAAF/5

Court's verdict nears

■ COMMUNITY:
Edward Charles Allaway may be the first mass murderer in to be released from a U.S.-mental hospital

By YVONNE KLOPPING
Daily Titan Staff Writer

The hearing for Orange County's worst mass murderer's conditional release could be over as soon as Friday Dec. 8.

During the past four weeks of Edward Charles Allaway's hearing, mostly doctors took the witness stand for the defense.

Most of them could not swear that he would never commit a crime again, but they testified that Allaway does not suffer from paranoid schizophrenia anymore.

Allaway was found not guilty by reason of insanity for killing seven people at the Cal State Fullerton library in 1976.

On Wednesday, an independent expert witness from San Diego testified for the defense.

He said that he only spoke to Allaway for a total of about 10 hours but he spent a lot of time reviewing his records.

Patricia Almazan, daughter of murder victim Frank Teplansky, said this witness received about \$360 an hour for 80 hours to be part of this trial.

The defense witnesses are paid with Orange County taxpayer's money, she said. All witnesses are supposed to be neutral when they testify on Allaway's mental health status.

"He was overly promoting Allaway's outpatient move," Almazan said of the witness. "Most doctors are very biased."

She said that he brought his own "cheering team" from Patton State Hospital; about eight to nine people to support Allaway's release.

"Why the defense gets all the privileges is beyond my comprehension," Almazan said. "I don't think it's reasonable."

Witnesses to testify against Allaway have not yet taken the stand.

A nurse who heard Allaway swearing will testify against his release. While Allaway was watching the movie "The Night of the Living Dead" in the TV room at Patton State Hospital, she heard him say: "What a waste of a f... bullet," and found his comments alarming.

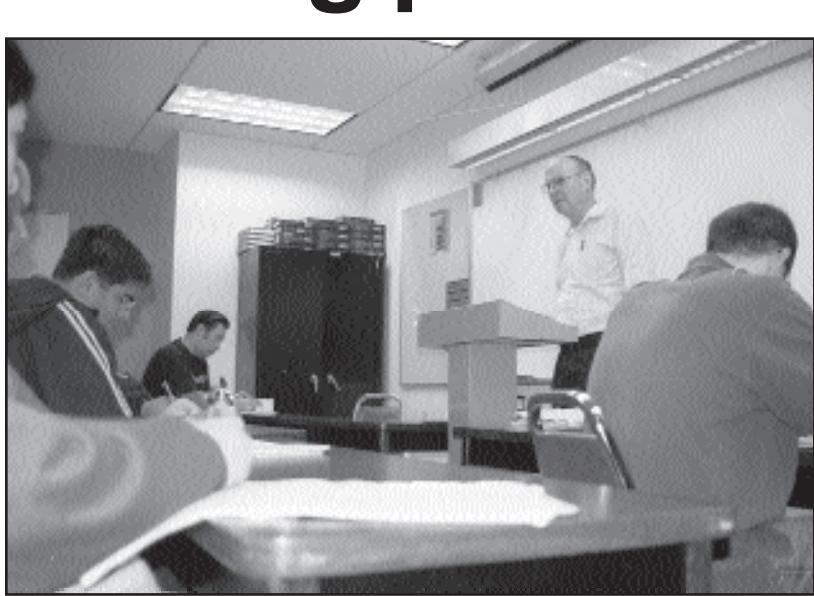
Allaway said that if Allaway were to get out, he would have the right for a jury trial after one year in the outpatient program.

That means that he could be a free man after all.

Allaway would be the first mass murderer in the United States to be released.

Judge Frank F. Fasel could either rule from the bench after the last witness testifies or he could take a few

Retiring professor recalls history of universi-



DANNY SERPA/Daily Titan

History professor Lawrence de Graaf teaches one of his last classes at CSUF. He is retiring after 42 years of instruction.

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By KIMBERLY PIERCEALL
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two

A GUIDE TO WHAT'S HAPPENING

BRIEFS

Cal State director receives national award

Saluted for innovation, Owen Holmes, the director of state and federal relations, has received the 2001 Edwin Crawford Award for Innovation.

Holmes is the first recipient of the national award by a coalition of four higher education associations.

He was honored Friday in San Diego during the eighth annual State Relations Conference.

Attending were members of the four national organizations: the American Association of State Colleges and Universities, Council for Advancement and Support of Education, the National Association of State Universities and Land-Grant Colleges and the American Association of Community Colleges.

The award was established by these Washington D.C.-based groups to recognize newcomers in the field who have an "extraordinary contribution to the advancement, quality and effectiveness of state relations" on behalf of their universities or systems of higher education.

Holmes was chosen among several professionals. He is credited with launching a series of projects aimed at raising the profile of the university with elected officials, as well as candidates running for state office. The efforts included forming Titan Advocates group of alumni to help educate officials about the accomplishments and priorities of the campus, organizing town hall meetings on topics of interest to the community and their elected officials and holding educational briefings for candidates for state office.

Beyond Cal State Fullerton, Holmes played a lead role in a collaborative effort with other cam-

puses to stage educational campaigns that helped win passage of two statewide bond measures in support of education.

The award commemorates the nearly 40 years of service by Edwin Crawford to state government relations. This included work at several universities, including the University of Virginia and the University of California.

Holmes received his master's degree in political science from CSUF and a bachelor's degree in history from the University of South Carolina.

In 1995, he was an Education Policy Fellow with the Washington D.C.-based Institute for Educational Leadership.

Holmes currently serves as a member of Placentia's Downtown Revitalization Committee.

He was also a past member for the Fullerton Museum Center Board of Directors.

Center to offer program on bio-terrorism safety

With all the news coverage, concerns about anthrax-laden mail and other bio-terrorist threats, the Fullerton Senior Multi-Service Center will host a free program on chemical and biological terrorism at 11:15 a.m. Monday, Dec. 10.

The program will discuss the current rash of anthrax incidents, as well as offer suggestions on how to increase personal safety.

It is open to the public. Further information about the program may be obtained by calling the center at (714) 738-6305.

The Fullerton Senior Multi-Service Center is located 340 W. Commonwealth Ave., west of Harbor Boulevard, in Ameige Park.

People who require special accommodations to attend the program are asked to notify the

The Daily TITAN

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CALENDAR OF EVENTS

Community-

On Dec. 15 between 8 a.m. and noon children of all ages can enjoy Brea's Snow Play Day at the Brea Community Center.

There will be a pancake breakfast and Mr. and Mrs. Claus will be visiting. For more information, call (714) 990-7600.

The All American Boys Choir will be performing Dec. 15 at 2 p.m. and 8 p.m. at Brea's Curtis Theatre.

Tickets are \$27 for adults and \$17 for children. For more information, call (714) 990-7722.

The Muckenthaler Cultural Center's "Artist Village" exhibit will be held Jan. 6 from noon to 4 p.m.

Artists are welcome to display, sell or demonstrate their work on the center's lawns. Admission is free for students. For more information, call (714) 738-6595.

On Dec. 9, there will be a "Festival of Trees" auction presented by the Ebell Club of Fullerton.

The family event will be from 3 p.m. to 5 p.m. and parking is free. For more information, call (714) 992-4954.

"Lighting of the Bay," the eighth annual lighting of electric trees will be taking place Dec. 7 at 6 p.m.

The event will be located at the Newport Dunes Waterfront

Resort.

There will be carolers, hot chocolate and seafood chowder on hand.

For more information, call (800) 765-7661 or visit www.newportdunes.com.

Curtis Theatre's Guest Artist Series is presenting "Golden Bough" Dec. 7 and 8 at 8 p.m. Tickets are \$27 for adults.

The show will feature Celtic music and dance. For more information, call (714) 990-7722.

"Renaissance," a 21-and-over club, takes place every Thursday night at Geckos in Huntington Beach.

The club features three full bars and DJ Soltani and DJ Re will play club-mix, hip-hop, trance and house music.

The club also has two music rooms and will have \$1 well drinks.

The City of Fullerton will host a "Winterfest" Dec. 8. There will be crafts, horse-drawn carriage rides and snow in the Downtown Plaza from noon until 6 p.m.

There will also be a Christmas tree and Menorah lighting ceremony at 5 p.m. For more information, call (714) 738-6317.

Laguna Beach's Winter Festival continues to line the grounds of the Sawdust Festival with entertainment and food through December.

The celebration will feature 150 artists who have made

holiday items.-

The City of Brea and the National Watercolor Society are presenting the 81st annual "National Watercolor Juried Exhibition" through Dec. 9.

The exhibit will feature more than 100 watercolor paintings from artists around the world. For more information, call (714) 990-7730.

Campus

Men's basketball will face Cal State San Luis Obispo Dec. 20 at 7:05 p.m. in the Titan Gym. For more information, call (714) 278-CSUF.

"Victorian Christmas Open House at Heritage House" will be held on Dec. 8 and 9. The house will be decorated for the holidays.

Tickets are \$2 for adults and \$1 for children. For more information, call (714) 278-3579.

A campus-wide "Holiday Open House" will be held Dec. 7 at 1 p.m. in the Titan Student Union's Portola Pavilion.

The holiday event will be for faculty and staff members.

The event is sponsored by the president and vice president of the university.

"Women from Mars: Paintings by Manuel Pardo" will be on display at the Main Art Gallery through Dec. 13.

The New York artist's works can be viewed Monday through Thursday noon to 4 p.m. and Saturday noon to 2

p.m.-

The Fantasticks will be performing a tale of innocence and first love through Dec. 9 at the Arena Theatre.

The music is by Harvey Schmidt and words are by Tom Jones.

Tickets are \$16 or \$13 with advanced Titan discount.

French tutoring is available every Tuesday and Wednesday in the Foreign Language Lab, Humanities Room 325.

M. Louis Abel Dumas, a graduate assistant from the university of Paris X- Nanterre will be available for further discussion on French culture and grammar.

"All Night Study" will take place in the Titan Student Union Dec. 1 through Dec. 14 from 10 p.m. to 7 a.m. Individual meeting rooms will also be available.

"Glassworks 2001" will be at the Grand Central Art Center Rental and Sales Gallery through Jan. 13.

This event is the third annual exhibition.

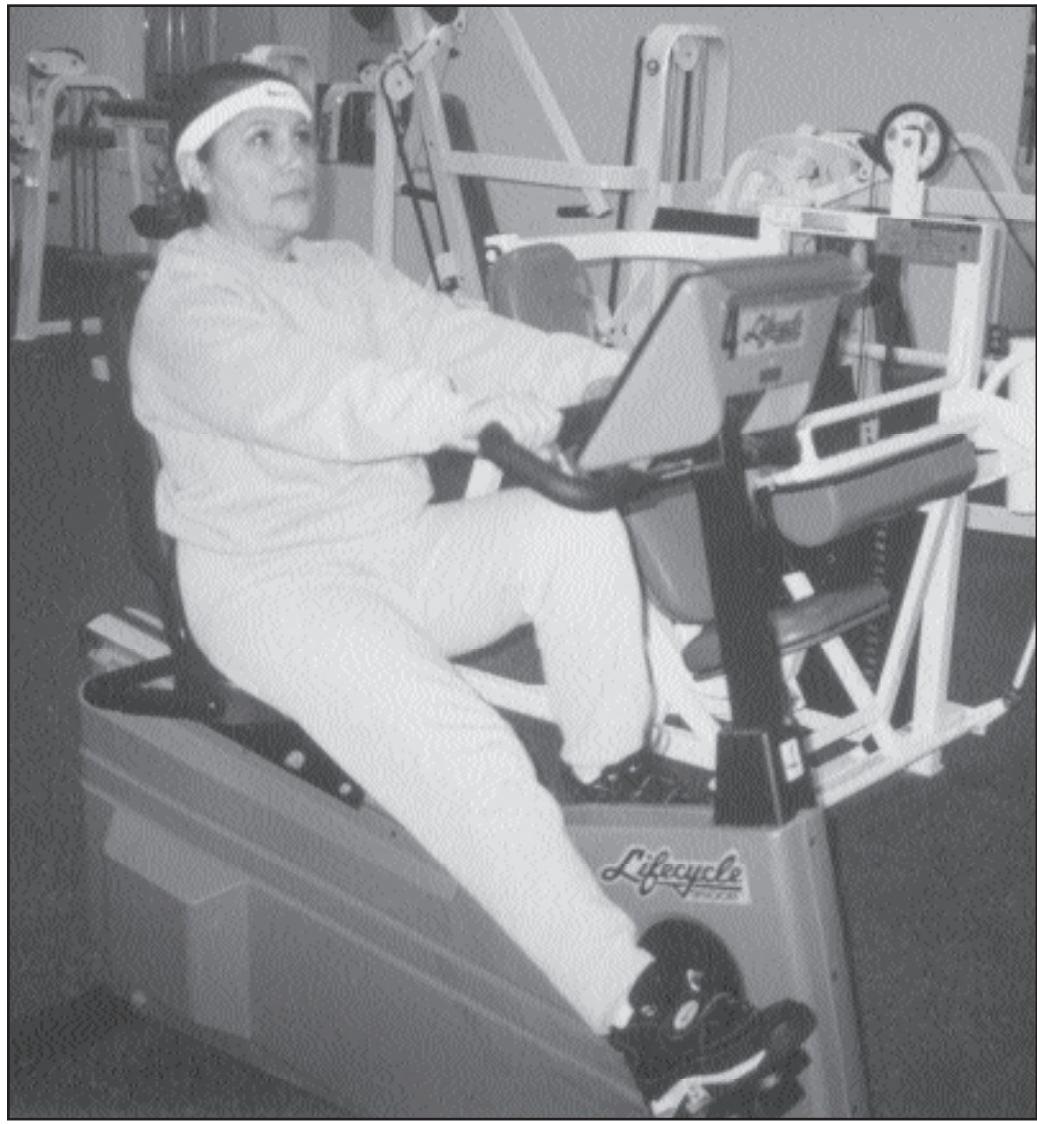
Camp Titan is having a Holiday Toy Drive through Dec. 14.

People are asked to bring an unwrapped present to the Titan Student Union Information and Services desk to help support underprivileged children.

Planned Parenthood 2*3

Fullerton Aboretum 2*3

Industry Strength 4*7



Martha Contreras tries to shed a few pounds to look her best for the holiday.

Students watch

■HEALTH: By using a calorie-point system, those in the Weight Watchers program can control their food intake

By HELEM MAYORGA
Daily Titan Staff Writer

Often, students want to look more in shape for the holidays. At the same time, they tend to party and consume more calories than they do in their normal diet.

A program called Weight Watchers has been designed especially for those who want to keep a nice figure, without struggling with many diets or not eating at all.

The program has been available for almost 40 years, and helps especially those who have eating disorders.

The program does not tell the patient what they can and can't eat, but they provide information and the tools to motivate the patient to make the right decision about their nutrition and exercise. Weight Watchers is based on calorie-points.

Foods are measured by the calories they have by combining the fat and fiber into a number. Points are given to the meal according to the amount of fat that the food contains. Patients are allowed to

consume a certain number of points per day based on their body weight.

Patients are allowed to eat whatever they like as long as they stay within their daily point range.

The program advises patients that vegetables such as broccoli, carrots and cucumbers have zero point calories.

"These points are the ones that patients should be aware when they eat something," business major Victor Pelaez said.

Pelaez also said that patients could eat everything they want but should keep a record of all the calories consumed in one day.

"Approximately 2,000 calories should be consumed a day to keep a healthy body, and vegetables help to stay faithful to dieting efforts during the holidays," he said.

The program is offered to everybody who wants to keep a healthy body. It encourages the patient to make healthy eating decisions and become more active.

Business major Steve Nidetch said a healthy body comes from a healthy lifestyle, which means mental, emotional and physical aspects.

Statistics from Weight Watchers' tests show that the greatest problem that people have to face is the excess of fat around the stomach area. People get frustrated when they notice that they have been working out for such as long time

everyday, and their stomach still remains the same.

"The majority of people who wish to lose weight have to struggle with those difficult diets that always failed to accomplish," dance major Martha Contreras said.

Contreras also said that nobody likes to diet, but exercise and eating healthy are the two ways to obtain the right weight conditions.

"I have to be under constant diets because I look fat," said five-foot-nine inch, 140-pound Fatima Meza.

"If you were to look at me, you would never think I am fat, but sadly I do," Meza said.

Weight Watchers also offers a wide selection of toning and strength-building routines for both men and women. "Yoga Zone" is one of the programs offered.

"Doing yoga is good for the person mind, body and spirit," Weight Watchers patient Kathelyn Guzman said.

Statistics from Weight Watchers' tests show that people who have joined this program feel that now they can have a satisfying day and still stay well within their diet points. It also shows that the slower someone loses weight, the more likely they are to keep it off.

At Weight Watchers the patient is weighed once a week at one of the centers to track their progress. Patients are also invited to join a meeting every week, given by a former Weight Watcher

CHRISTMAS

■from page 1

Captain John Smith's rambunctious crowd, however, continued the English tradition and concocted what we now call "Eggnog" to help shed inhibitions, until the Revolution caused all English customs to fall out of favor.

It was only in the 19th century that Christmas became popular among Americans. The economic boom caused a growing middle class to change the holiday to be a more family-oriented event.

Best-selling author Washington Irving wrote "The Sketchbook of Geoffrey Crayon, Gent," a collection of short essays about the celebration of Christmas in an English manor in 1819. The stories featured a squire who kindly entertained peasants in his home for the holidays and signified the bringing together of individuals regardless of wealth or status. While it was purely

fictional, Irving's book "created" modern Christmas tradition.

Now faced with celebrating the holidays in a new way, Americans looked to their neighbors, mostly immigrants, to see how it should be done.

Christians began exchanging gifts as a reminder of God's gift of a savior to mankind, similar to the Roman habit of exchanging gifts to bring good fortune for the new year.

The Dutch brought with them Sint Nikolaas (Saint Nicholas) or Sinter Klaas for short – a tall, dignified religious figure who rode a gray horse. There evolved Santa Claus, a transformation which turned a kindly saint into a round, cheerful grandfather-type with a sack full of treats.

The real St. Nicholas was a monk who lived around 280 A.D. in Myra, now Turkey.

The most popular story goes that he saved three poor sisters from being sold into prostitution by their father who couldn't provide them with a

dowry.

St. Nicholas was supposedly caught by the father while throwing in three bags of gold coins into the family's window, during which a coin fell into some stockings by the fireplace and a misplaced shoe. St. Nicholas begged that his good deed remain a secret, but was revered anyway and eventually became Bishop of Myra - the patron saint of children.

While little is known about the real St. Nicholas, the story was enough to send children all over Europe to bed early with shoes lined up and stockings hung.

The German Christmas tree also became popular transforming the decorated fir to mean Christian rebirth rather than the ancient beliefs that the trees warded off evil spirits, witches and ghosts.

Norwegian immigrants hung mistletoe, which was associated with the Norse goddess of love, Freya – said to bestow life, fertility and healing.

The fireplace Yule log also originated in old Norse celebrations of the sun's return at winter solstice. "Yule" came from "hweol," meaning wheel. They believed that the sun was a great wheel of fire that rolled towards and away from the earth.

In 1823, Clement Moore published "An Account of a Visit from St. Nicholas," better known to us as "Twas the Night Before Christmas."

Moore popularized the jolly, fat Santa Claus that flies from rooftop to rooftop in a sleigh led by flying reindeer.

The imagery is similar to the German tale of a pagan deity, Oden, who made nocturnal flights to decide which of his people should prosper or perish which is why most chose to stay inside.

In 1843, the first Christmas card was lithographed by John Horsley, an Englishman, followed by a German printer in America, Louis Prang. Greetings could be mailed for only a penny each card, and were soon being exchanged throughout North America.

Three decades later, Christmas was finally declared an official federal holiday, the first time in over 100 years that Americans would get Dec. 25 off from work.

With the federal authorities behind it, the advertisers moved in, immortalizing in song and TV format, the ultimate underdog whose physical defect – a shiny red nose – would change Christmas time forever.

Robert May, a copywriter for Montgomery Ward Department stores brought Rudolph the Red-nosed Reindeer to life when he was asked to come up with a Christmas-themed poem to lure holiday shoppers to the stores.

His brother-in-law Johnny Marks set the poem to music in 1947. Gene Autry's classic recording of the song continues to charm children and adults alike into a jolly mood.

As a result, modern families celebrate Christmas by watching "Miracle on 34th Street" (1947) and singing ren-

ditions of "Jingle Bells, Jingle Bells" and "Away in a Manger" and "O, Little Town of Bethlehem." They may even sit and read Moore's "An Account of a Visit from St. Nicholas" after reading a passage about baby Jesus.

Snowed under centuries of tradition and nostalgia, the real meaning of the holiday called Christmas is mixed up in a whirlwind of television advertisements heralding the holiday shopping season. Shoppers spend money on extravagant gifts.

Cities decorate their streets with lights reminiscent of Rome's decadent torchlight parties. Tables are piled high with food and drink. Sentimental arrangements of "chestnuts roasting on an open fire" croon in the backgrounds while people busily bustle around serving their own deities.

Evaluating the holiday realistically, it is clear the real meaning of Christmas never really included Christ.

Call it Happy Holidays. Call it Merry Clausmas. Just don't call it Christmas.

Dr. Anderson
2*3

Togo's 2*3

Diamond Head
2*2

Fullerton Car
Wash 4*3

Silicon Ave 2*4

T.I.R. 3*4

Head Hunters
3*4

DE GRAAF

■ from page 1

you more 1960's CSUF History in the form of a book titled, "People v. Ronald Reagan," de Graaf said.

In 1967, de Graaf introduced the first black studies class on campus. No protests, no negative response from Orange County.

The county's residents saved their disdain for de Graaf's colleague, a business professor, who wanted to introduce a Russian economics class.

President William Langsdorf fielded death threats and calls from concerned citizens thinking the class would be a study in "commie economics," de Graaf said.

Times have changed.

"I think I'm ready to retire," he said. The history professor is ready to make repairs on his house and experience the fall in New England again.

De Graaf grew up in New York for 12 years. He lived in Queens, Long Island and Nassau during the Great Depression, but de Graaf wasn't particularly depressed.

"My mother gave me a nickel and I could buy two ice cream cones," he said, emphasizing the finer things in life during a time of employment uncertainty and national insecurity.

During this era his father worked as a Sun Oil salesman, until 1944 when he felt the urge to set up a Canadian Aerospace parts company in Glendale and bring his family to Orange County.

"I'm a great believer that fate rules life," de Graaf said.

His parents bought him seven volumes of U.S. history books when he was in third grade. By fourth grade he had read them all.

Foreign affairs intrigued him and he pondered becoming a state department official — but then an instructor's position opened up at the new Orange County State College, later named California State University, Fullerton.

One of six full-time faculty members, he was the lone social sciences instructor.

In 1959, the school's administration created headquarters in a condemned building at a Fullerton High School, de Graaf said, and the university conducted classes at Sunny Hills High School where the then 27-year-old history instructor taught students who were generally 35 years old.

These students were "already mature, and loaded with information," he said so he looked forward to lively class discussions.

"I miss that," he said. "I find some students [now] are scared of serious discussion," discounting that they may have something, anything meaningful to say, he said.

Education gets the short end of the stick since priorities to a full-time job and a full-time course load tend not to be balanced, he said.

Yet for 42 years he has continued to educate, and lecture without notes — like an actor, he's studied his script thoroughly.

And after 42 years he can still recall what CSUF was like before the buildings, the parking and the 30,000 students of today.

"You could walk into the president's office and say 'Hey Bill, how are you doing'?"

Only a few weeks are left for students to stop by de Graaf's office and ask, "Hey professor, how are ya? Can you tell me about CSUF's history?"

Art exhibit extraordi-



MICHELLE WANG/DAILY Titan

The gallery features a Japanese kimono.

■ GALLERY: The library displays unique creations through the end of the month

By MICHELLE WANG
Daily Titan Staff Writer

The Atrium Gallery is now hosting an exhibition of wonders that people don't see every day.

A sculpture the size of about half of a man's height made with a combination of light bulbs in various colors, sizes and functions is now on display inside the Atrium Gallery. The light bulb sculpture is only one of the many displays that are within the exhibition of the Atrium Gallery at Cal State Fullerton.

The theme of the exhibition is called "Objets Extraordinaires — Awakening the Sense of Wonder."

The main message of the exhibition is to excite viewers' visual senses, making people wonder the why's and how's in each display.

"The exhibition is really

cool, the light bulbs are awesome," said Aaron Mendoza, who was visiting from Irvine City College.

"It's about curiosity, making viewers curious about things in life," explained Veronica Chiang, curator of the exhibition and director of the exhibition for the Atrium Gallery.

"People in modern day life are too busy to stop and look at things around them; we want to share this exhibition with them and bring out the wonders in them."

The displays feature items including a sculpture made with different light bulbs, "Fulgorites" wood sculpted from lightning, which is crystall with bubbles trapped inside for millions of years and other craft displays like baskets and handbags made from cigarette boxes.

There is a special story behind each display, such as the traditional marriage embroidery-ball from China.

In ancient times when girls

couldn't decide among the

bridegrooms, her family would

make a fancy cloth ball embroidered in colorful silk threads

and the daughter would throw

the ball out to the crowd of

participants. And the man who caught the ball would take the daughter's hand into marriage.

In addition, there is the Japanese wedding kimono. A wedding kimono is considered to be Japanese women's most formal attire. The kimono is on display inside the gallery and is made of colorful metallic threads that are hand-sewn on to the shell of the kimono.

"We want to make this facility a place for students and the public to learn, research and discover," Chiang said.

The gallery serves as an art gallery for CSUF and is located at the north and south wing of the Pollack Library. It began in the open area of the South Library where the Titan Card Center now located.

In 1996, the gallery was offered on the north side but later adopted the south wing location after the facility became vacant. The funding of projects and exhibition are budgeted within the library budget, providing free admission year round.

New items are added periodically to give viewers a new and fresh look every time they visit. "Objet Extraordinaires" will end Dec. 20.

DEPRESSION

■ from page 1

"It's so important for people to remember that Christmas is just one day, and there's no magic in what will happen on that day," she said.

The same could be said for or any religious secular holiday that's culturally instilled with heightened emotions, from Hanukkah and Kwanzaa, to Ramadan and the Chinese New Year.

Morgan suggests self-monitoring and being aware of the signs of depression to help root out real forms of the disorder.

During the end of year Jewish and Christmas holidays, for instance, if an individual feels prolonged sadness that doesn't seem to go away on the day itself, she said, it's an indication that you need to probably seek some kind of assistance before January arrives.

The days following a major holiday, when family has left and there is time to sort out emotions, can be difficult. Moran and her colleagues reliably see a surge in client visits and referrals at that time.

"January is just sort of a natural downer after the holidays," she said.

As Jamie Hornesto walks past the iron gates of Rose Hills Cemetery, she can

<http://dailytitan.fullerton.edu>

Champion
Insurance 2*8

Fill Ad
1*8

Titan Basketball
3*10.5

Goat
Hil
Tavern
1*6

Golden West
College 2*6

Sheep are fine, but not humans



BY TRINITY

POWELL'S
Staff Writer

Some call it one of the greatest medical and technological advances man has ever accomplished. Others call it man's vain attempt at playing god.

None have called it what it is—a sacrifice.

Whether man is allowed to clone himself, which is inevitable with the tenacious nature of science and man's will, or cloning is banned, humankind sacrifices something in the exchange.

If cloning is banned, research on stem cells and their potential to create cures for illnesses like cancer, Parkinson's disease and Alzheimer's may be stunted and placed in a position where all consequent research may be adversely affected.

On the other hand, if human cloning is permitted for research on stem cells, it creates a path for reproductive cloning and other abuses of cloning technology that would cause a redefinition of what humanity truly means.

Fear of human cloning began to peak with the appearance of Dolly the cloned sheep. Dolly was the first animal to be cloned using an adult cell, where before, only cells from embryos were successful in being cloned.

This is because all the genes of embryonic cells are active where the genes in the cells of adults are specialized to perform single functions like forming skin or muscle.

This is where the potential of embryonic stem cells arises. Scientists believe if they can learn how to culture stem cells to develop them into any tissue of the body, they will be able to not only treat cancer and other ailments, but also grow replacement organs for those that need them.

Though this potential technology

would be a miracle to many facing diseases that this medical breakthrough could cure, therapeutic cloning comes with a price.

The accomplishment of this breakthrough would require the mass production of human embryos for the harvesting of stem cells.

A human would no longer be an intellectual being that stands high above all other species in its environment, but rather, reduced to a commodity; something sold and produced for profit, not a human that is held with respect and dignity.

Reproductive cloning also follows closely behind the cloning of human embryos for the mass-production of stem cells.

If human embryos are grown for the use of stem cells, who would be able to defend a reasonable argument about the allowance of human cloning to replace a dead or dying loved one or to provide a infertile couple with a child at least genetically related to one parent?

However, this too, would be an abuse of cloning technology and would not benefit those who would seek to have their loved ones cloned or would even be affordable for all, not to mention unsafe for the clone and the surrogate mother that must bring it to term.

In human cloning, a clone is not an exact clone. Only 98 percent of the genetic information actually are transferred in the process. The other 2 percent are within the cells of mitochondria which cannot be transferred but are contributed by the egg that the donor's genetic material is fused with.

Beside this small variance in DNA, the clone would have an entirely different birthing environment, experiences and childhood, and would therefore be an entirely different entity, rather than a replacement for a lost loved one.



ASSOCIATED PRESS

Roman Catholic Pontiff Pope John Paul II is one of the main religious opponents of all human cloning because it violates the sanctity of human life.

As for infertile couples, other options that would yield the same genetic relation still exist like in vitro fertilization and sperm donation that are far more favorable and safe.

In the cloning of Dolly the sheep, it took 276 embryos to achieve her creation. The other 276 embryos either were deform, spontaneously aborted, or were born and died within weeks because of complications due to flaws

in the anatomy.

If these were the circumstance for the creation of a human clone, the emotional and physical burden this would place on surrogate mothers and the clone, not to mention the family seeking the birth of the clone, would be devastating.

In the end, the only true solution comprises the very same result of the controversy—a sacrifice.

Man is not ready to control the creation of a human. Human cloning is too experimental and the repercussions of abuses and failures with the technology could be catastrophic to the existence of man.

Stem cell research, if man is the humane and benevolent being that we have always strove to be, will achieve a similar or greater feat in time to perform the same function.

As for now, similar to the beliefs of Christianity, we must sacrifice the lamb to save man from himself.

Finals give students too much stress and professors do not help either



BY MICHELLE

WANG
Staff Writer

Many Cal State Fullerton students are experiencing sleepless nights as they work on their final project and prepare for the upcoming final exams next week.

To many college students, studying for finals until two or three o'clock in the morning is a typical thing to do.

But I believe and (maybe many students will agree with me) that all professors think that their class is the only class that we are taking. They often think that students do not have other work schedules or that other professors do not assign any projects.

Yesterday, I overheard a conversation in the library elevator by two

students discussing their final project and one girl said that she has not had any sleep for the past two days because she was working on it.

After I heard the discussion, I couldn't help but think if it is really because her professor assigned too much of a workload or is it just because she did not manage her time well enough.

In many cases, professors will automatically assume that it is because the student did not manage their time well enough. But considering the students at CSUF, more than half of them have jobs aside from their full-time study.

Almost half of those also carry on full-time work hours.

No matter how good of a time management skill a person has, it would still be difficult to fit in everything at the same time.

When I explain to professors my circumstances, they have been willing to help and offer advice. As a student, not only am I extremely grateful for

nights drinking Espresso shots trying to stay awake until dawn to finish my papers or study for my final exam.

When I took on 15 units and had a full-time job plus extra overtime work, I felt like 24 hours just wasn't enough.

The main idea here is not to ask professors to be easy and give students freebies, but to seek for their understanding in student's situation and think about the times that they were in college.

How was their experience of having to work and go to school at the same time?

Fortunately, from my years in CSUF, most of the professors that I've had have been very understanding.

When I explain to professors my circumstances, they have been willing to help and offer advice. As a student, not only am I extremely grateful for

their kindness, but I also have learned to budget my time more wisely.

Since school is all about learning, shouldn't students be offered a chance to learn better time management from the practice of trial and error?

Professors have great powers. They not only hold students' grades but also their attitude and experience of learning.

Sometimes, doing a little can make a great difference in a student's life. Students come to school to learn, get their degree and go on with their career. Exams are supposed to enhance the whole learning process, making sure students have fully absorbed the materials. So I would like to humbly ask professors to think for a second when they give out that "F" to students this semester.

Bah humbug – too many people are getting depressed about the holiday season



BY JAMES

REYNOSA
Staff Writer

Perhaps I'm succumbing to turn into my father, but it seems that the Christmas features in newspapers and magazines used to be rather upbeat and cheerful, along the lines of "Trimming Your Tree."

Now you see headlines like these: "Suicide Rate Climbs During Holidays." Or, "The Office Christmas Party: Stay in Control and Climb the Corporate Ladder by Stepping on Those Fools Who Drink One Too Many and Insult Someone Important." And then there's the "Holiday Stress Syndrome Linked to Cancer and Heartburn, but Researchers Say Catatonic Medication Offers Certain Relief." And finally, "Fight Seasonal Affective Depression with Hawaiian Shirts and Old Beach Boys Tunes."

The loss of Christmas cheer may be a by-product of an aging population. As my Mom said, "You know when you're an adult because that's when you quit looking forward to

Christmas, and you start looking forward to it being over."

When I was a kid, I looked forward to Christmas. Of course I coveted a pile of presents, but also learned that there are times when it is indeed more blessings to give than to receive.

Every year, there was a food drive in Port Angeles, Washington. We were asked to bring canned food to our grade school. Some benevolent organization would then distribute the cans to the needy, so they would not go hungry on Christmas Day.

I looked forward to that because then my brother and I could ransack my mother's cupboards. We looked hardest for cans of red beets, but we

would settle for canned spinach or canned Brussels sprouts.

I was filled with joy of all sorts when I eagerly cracked a can of red beets into the poor box. Since other kids did pretty much the same thing, the needy of Seattle must have gagged on their Christmas dinners.

Although there has been a lot of hand wringing about the homeless lately, much of that implies that the "homeless" are somehow very different from the rest of us.

However, the statistics show that the average American family is about four months away from being homeless. If you lose your job, that's how long your savings will last until

you're forced to move into your car, or if that gets repossessed too, to join the other unfortunate who sleep under a bridge. You'll get to enjoy good meals twice a year, on Thanksgiving and Christmas; the two days America has a conscience.

Perhaps that's why the holidays don't seem so cheerful any more. You can read about food drives, and you can even donate—perhaps even something that tastes good.

And it's funny how "depression" is the first word we associate with "holidays" now. It is depressing when you realize that the Charles Dickens classic, "A Christmas Carol," is just a story.

In the real world, even Ebenezer Scrooge might have been generous to the Cratchits on Christmas Day. But the next day, Scrooge would jet off to his luxurious second home on the ski slopes. He'd pig out on tasty morsels, even as Mrs. Cratchit searched for a recipe that used leftover red beets.

And Scrooge would not be trouble by ghosts. He did his annual bit of charity.

**It's funny how
'depression' is
the first word
we associate
with holidays**

Letters to the Editor

Student outraged by proposed parking fee

As a student I am appalled by the consideration the administration has taken with regards to the parking fees. As if \$54 a semester were not enough to pay for a parking spot that is not even guaranteed to us upon the purchase of our permit, they want to charge \$99 a semester. That is almost double than what we are paying now. On top of the high fees, we have to leave our houses 30 to 45 minutes early just to find a parking space in the already crowded parking lots.

Granted that the increased fees will provide parking structures that will double the parking available in those lots, but at what cost? During construction we will lose those spots in lot B and D and will be forced to find parking off campus. Not only that but I will be paying for something that I will never have access to. The structures will be completed well after my graduation. Why should I pay increased fees for something I will never use?

I endured those four years of parking struggles, frustration of not finding a space, and talking long walks in the rain because I had

to park off campus. Why should even my pocket book suffer the consequences of an overcrowded school that sells too many permits and does not have enough spaces for all the students to park?

We should be provided with different alternatives. The carpool program is a very good alternative to the parking situation, although not many students carpool. It is only part of the solution. We should find other ways of raising the money to pay for the parking structures, rather than targeting student's pockets. I think that the titanic shuttle is a waste of money. Even from the farthest point in any parking lot, the longest it may take someone to walk to class is 15 minutes. We should use the money that is funding the shuttle to build the structure and eliminate the shuttle.

I refuse to pay the increased fees for parking given the current situation. Until a better solution is found, I would rather park off campus then fund something I will never have the opportunity to use.

Giuliana Marchi
CSUF Student

Bus rider has other options

On the subject of riding the bus to school—I would suggest buying a new car, and being in debt for the rest of your student life. Buy a \$30,000 BMW, work 40 hours a week, while in the meantime, attending school full-time, then walk a mile to class from the parking lot in the rain and soon you'll wish you still had that shiny bus pass. Yes, be like all the other

wannabees and get a new mustang, with a license plate that says "Daddy bought it." Personally, I liked you better when you rode the bus. You were more original then. Just a suggestion from your reader.

Sincerely,
Joyce Heiman

E-mail responses to dailytitan@yahoo.com
or
mail to 2600 E. Nutwood Ave, Suite 660,
Fullerton, CA 92831

Wushu warrior takes his turn

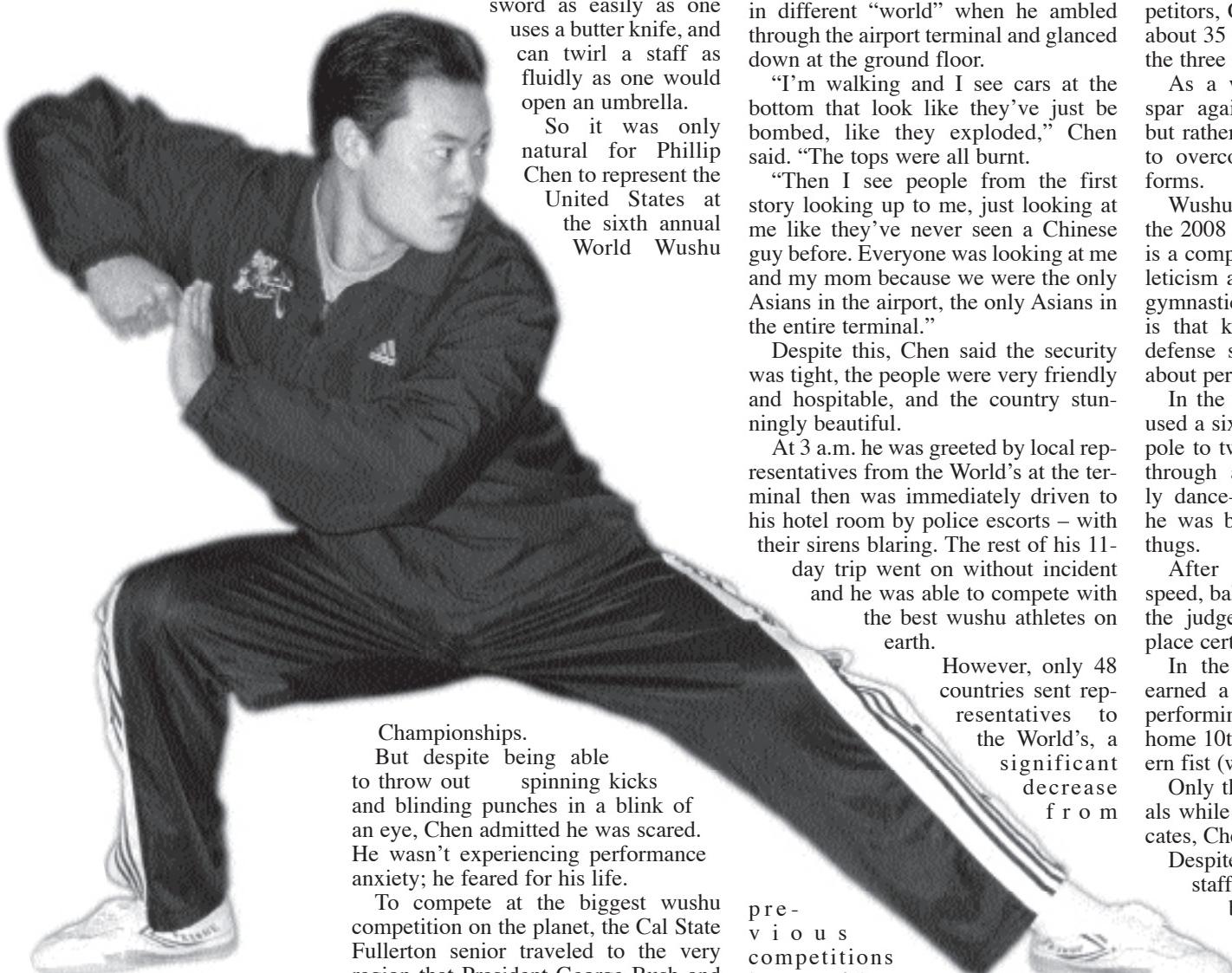
After a long wait, Phillip Chen gets the opportunity to perform his sport among the best in the world

By PATRICK VUONG
Daily Titan Staff Writer

Having trained for more than seven years, he is one of America's best martial artists.

The man can wield a broadsword as easily as one uses a butter knife, and can twirl a staff as fluidly as one would open an umbrella.

So it was only natural for Phillip Chen to represent the United States at the sixth annual World Wushu



Photos by Brian Miller

Championships.

But despite being able to throw out spinning kicks and blinding punches in a blink of an eye, Chen admitted he was scared. He wasn't experiencing performance anxiety; he feared for his life.

To compete at the biggest wushu competition on the planet, the Cal State Fullerton senior traveled to the very region that President George Bush and the State Department had just warned Americans not to travel to — the Middle East.

"I was definitely scared," said Chen, a broadcast journalism major. "With all

the crazy things going on right now, like [Sept. 11] and terrorist attacks, I think we were definitely scared."

As one of only 13 elite athletes representing America, Chen arrived last month in Yerevan, Armenia, the site of the World's. He instantly knew he was in different "world" when he ambled through the airport terminal and glanced down at the ground floor.

"I'm walking and I see cars at the bottom that look like they've just been bombed, like they exploded," Chen said. "The tops were all burnt."

"Then I see people from the first story looking up to me, just looking at me like they've never seen a Chinese guy before. Everyone was looking at me and my mom because we were the only Asians in the airport, the only Asians in the entire terminal."

Despite this, Chen said the security was tight, the people were very friendly and hospitable, and the country stunningly beautiful.

At 3 a.m. he was greeted by local representatives from the World's at the terminal then was immediately driven to his hotel room by police escorts — with their sirens blaring. The rest of his 11-day trip went on without incident and he was able to compete with the best wushu athletes on earth.

However, only 48 countries sent representatives to the World's, a significant decrease from

previous competitions because of the war in Afghanistan, Chen said.

Afghanistan lies southeast of Armenia by about 700 miles — approximately the same distance between Fullerton and

Denver, Colo.

After Sept. 11, Armenian officials postponed the World's from its original October date to November to increase security measures, and about 30 nations withdrew from the event, he said.

Despite the fewer number of competitors, Chen still had to contend with about 35 other martial artists in each of the three categories he participated in.

As a wushu athlete, Chen did not spar against any of those opponents but rather had only his own limitations to overcome when he performed his forms.

Wushu, which will be a trial event at the 2008 Summer Olympics in Beijing, is a competitive sport emphasizing athleticism and resembling a mix of floor gymnastics and kung fu. The difference is that kung fu is a combative self-defense system while wushu is more about performance.

In the southern staff category, Chen used a six-and-a-half-foot long wooden pole to twirl, swing and lunge his way through a two-minute form, a deadly dance-like routine that looked like he was battling a group of imaginary thugs.

After analyzing Chen's stances, speed, balance and overall presentation, the judges awarded him with a fifth place certificate.

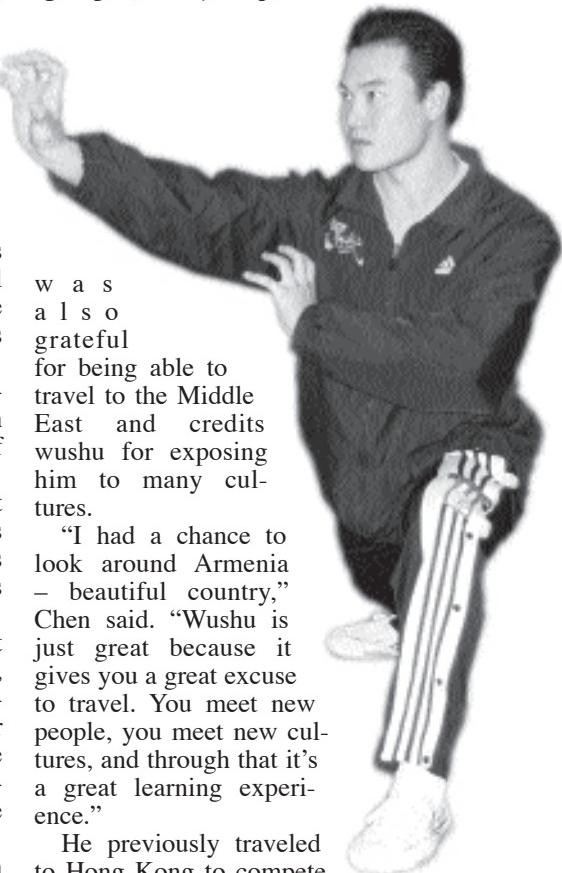
In the southern saber category he earned a seventh place certificate for performing a sword form, and took home 10th place standing for his southern fist (weaponless) routine.

Only the top three finalists got medals while the top eight received certificates, Chen said.

Despite being the fifth best southern staff practitioner on the planet and beating out dozens of opponents, Chen remains humble.

"Even though I was a little disappointed that I didn't get in the top three," he said, "I was glad I was able to go there and I did my best."

The lithe 5-foot-10-inch competitor



was also grateful for being able to travel to the Middle East and credits wushu for exposing him to many cultures.

"I had a chance to look around Armenia — beautiful country," Chen said. "Wushu is just great because it gives you a great excuse to travel. You meet new people, you meet new cultures, and through that it's a great learning experience."

He previously traveled to Hong Kong to compete in the 1999 World's, finishing sixth in southern fist and ninth in southern saber, and visited Brazil for the 2000 Pan-American Games.

And in 2000 he was recognized nationally after being named wushu athlete of the year.

On campus he introduced his martial sport to the academic world by creating the first known one-unit wushu class in America, Chen said. He said it was the first kinesiology class to be filled to capacity.

The martial artist also heads the CSUF Wushu Club, which is open to all students. The club, which now has about 30 members, recently competed in the national wushu competition in San Diego and many members took home medals.

Despite all the accolades and accomplishments, Chen said his beginnings in wushu were modest in 1997. With fellow CSUF students John Chao and Jessie Castro, Chen tried to attract pupils through demonstrations.

"We've come a long way," Chen said. "Before it was three-man demos ... to promote wushu in the quad."

Alpha Chi Omega claims win despite contention over goal

■ SOCCER: Alpha Delta Pi challenges refs' call after a penalty kick slips through a hole in the net

By MICHELLE LARA
Daily Titan Staff Writer

Temps flared Thursday as two sororities battled it out in the women's intramural soccer championship game.

The score was tied 1-1 at the end of regulation, then after an overtime shootout, Alpha Chi Omega defeated Alpha Delta Pi 4-3.

Alpha Delta goalie Candice Saylor came up short as Brooke Zaffina kicked home the winning goal.

"I was expecting the shot to go closer in but she kicked it closer to the pole," Saylor said.

The emotions heated up when Alpha Delta disagreed with the referee's call on the goal.

A hole in the net caused the ball to quickly leave the net, leading some team members to think there was no goal scored.

"Sororities never really get a chance to actually compete against each other," said Alpha Chi goalie, Tara Clark. "When it does turn out like this, things can get really intense."

Lori Kameya said she was disappointed that the other team did not play fair, but she was pleased how

her AD Pi teammates handled the loss.

"AD Pi has always had good sportsmanship," the left back said. "If we don't win, then that's fine."

The first half of the game was uneventful until Alpha Delta defender Jolyn Hammer lofted a goal from the half field mark.

"I was surprised that it went in," Hammer said. "I just aimed and kicked it and hoped it would go in."

In the second half, the aggression picked up as Alpha Chi midfielder Brooke Zaffina headed in a goal to tie the score.

Shortly after Zaffina's goal, referees called the end of regulation, as the sororities would be forced to leave the field in 15 minutes. After the shootout, she was not surprised by AD Pi's reaction.

"There is always tension between us," she said. "The last time we played them it was the same way."

Although Alpha Delta was unhappy about the game's turnout, Zaffina said the better team won.

"I thought we outplayed them by far," Zaffina said.



BRIAN MILLER/Daily Titan

Jalapenos' fire power is no match for Skull N' Bones

■ INTRAMURAL: Sigma Phi Epsilon fraternity snatches soccer championship

By BRIAN MILLER
Daily Titan Staff Writer

Skull N' Bones pulled off a major upset Thursday as they defeated the Jalapenos, becoming the 2001 intramural soccer champions.

Coming into the game, the Jalapenos were heavily favored, compiling a 6-0 record, while Skull N' Bones had a respectable record of 4-2.

All of this was thrown out the window however, as Skull N' Bones controlled the whole game and went on to win 2-1.

"It was definitely an upset," Jalapenos forward Ivan Hernandez said. "We were kind of slow today, just out of sorts."

Skull N' Bones, which feature members of the Sigma Phi Epsilon fraternity, scored first as forward Kyle Sadler booted the ball past the goalkeeper midway through the first half.

The second half offered much excitement as both teams turned up the intensity.

A disputed tripping call on Skull N'

Bones midfielder Nick Katz led to a penalty kick, but the Jalapenos were stopped by goalkeeper Chuck Cardon.

"I got the whole entire ball and [the player] went flying," Katz said of the call. "He was a good actor."

Skull N' Bones had another scoring opportunity as the Jalapenos goalkeeper's kick was blocked by forward Dave McGladdery, who in turn blasted the ball right into the goalie's midsection.

"I should have scored," McGladdery said. "He'll be hurting later."

With just over three minutes left, Skull N' Bones padded its lead after a corner kick led to a header by Victor Galvan. McGladdery positioned the kick in the perfect spot, which made it easy for Galvan to head it in.

"I put it in front of the [goalie] box and [Galvan] was there," McGladdery said.

"We had everything covered," Sadler said.

Less than a minute after Skull N' Bones scored its second goal, the Jalapenos responded with a goal of their own. Forward Carlos Facio kicked the

ball past the outstretched arms of Cardon to make the score 2-1.

The Jalapenos final attempt at tying the score came up short, as Cardon redeemed himself by thwarting the final shot on goal.

Skull N' Bones admitted that they were the underdogs coming into the game.

"We started out 0-2 and were the last-ranked team going into the playoffs," Katz said. "This was by far an upset."

Skull N' Bones defender Sean Love agreed that expectations were low going into the season.

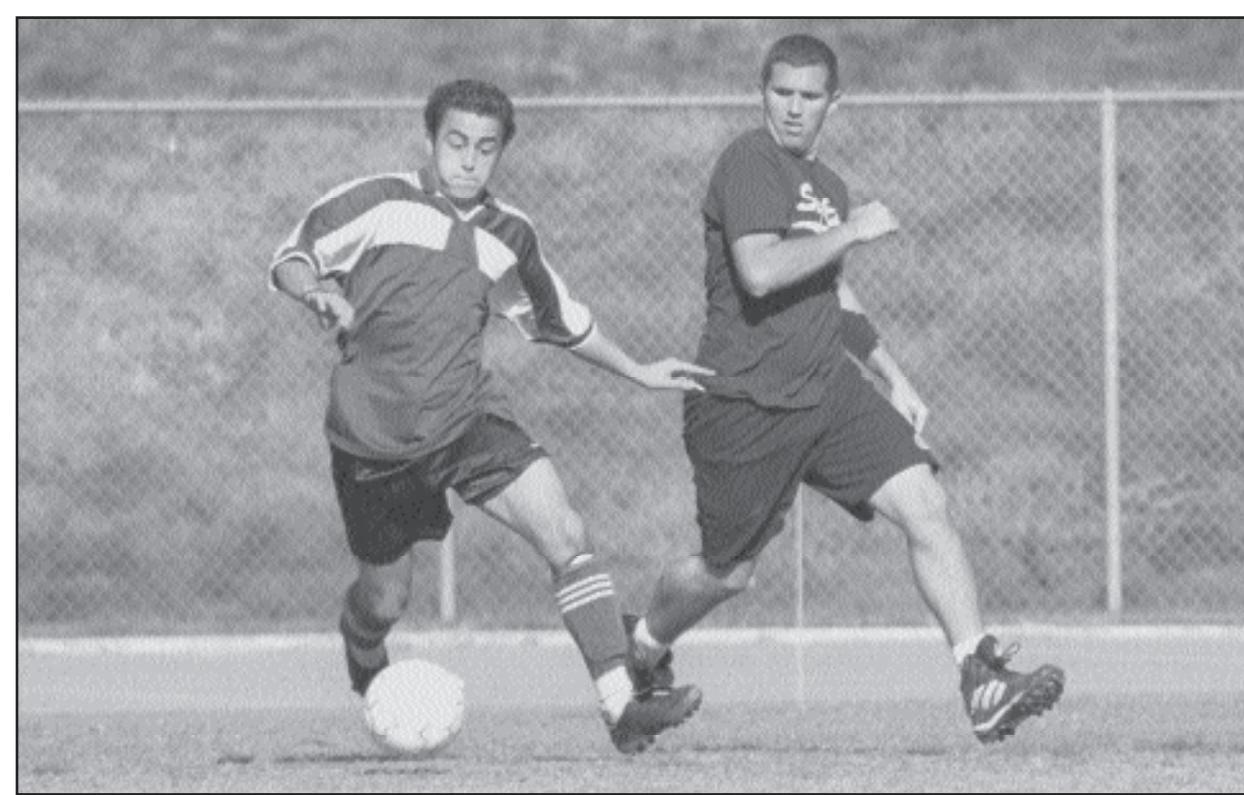
"This was great," he said. "I didn't think we were going to make it this far."

The Jalapenos, despite their loss, got nothing but praise from the Skull 'N Bones.

"Give these guys credit," Sadler said. "This was a very well-played game."

The Jalapenos' Hernandez was disappointed with the outcome but he didn't hang his head.

"This season was a success," he said. "6-1 is pretty good and we made it to the



MICHELLE LARA/Daily Titan

Sean Love (right) and his Skull N' Bones' teammates ended the Jalapenos' six-game win streak.

CSUF rec sports offers students a study break

■ ALTERNATIVE: Exam Jam hopes to provide a welcome relief from the stress caused by finals

By PATRICK VUONG
Daily Titan Staff Writer

With the semester gearing down and final exams on the way, most students are shifting their concentration off the court and focusing on their textbooks.

But Associated Students Rec Sports doesn't want anyone to put away their sneakers just yet.

The organization responsible for programs such as intramurals will keep the Physical Education Building open next week, Monday through Thursday, for what will be known as Exam Jam, an open gym event that will allow stressed-out students to partake in various games and fitness classes—all free of charge.

Every night from 10 p.m. to midnight during Exam Jam, anyone can take a study break and drop by the gym to play basketball, listen to music or participate in fitness classes, among other activities.

"It's a great opportunity to take a break from studying," said Andrea Willer, director of AS Rec Sports. "You see a lot of students in the TSU till all hours of the night and after a

while the mind and body is fatigued and they need a little break so it's an opportunity to relieve some stress, socialize with friends, get a good work out.

"All the studies show that by doing that you're able to go back and study and retain even more. A mistake students make is overburdening themselves or trying to crunch it all in there at one time and studies show [if] you take short breaks you rejuvenate yourself. You get blood flowing to the brain again and you're actually going to do better."

For some students, Exam Jam will come as a welcomed relief from the academic grind. Cal State Fullerton senior Daniel Cisneros said he is definitely interested in dropping by the gym for Exam Jam.

"I'll probably want to check it out," Cisneros said of the event. "I'll probably be on campus next week studying so it'll help to get my mind off all my tests."

Daniel Cisneros,

CSUF Senior

out," Cisneros said of the event. "I'll probably be on campus next week studying so it'll help to get my mind off all my tests."

The business major said any sort of distraction, athletic or not, is appreciated considering how anxiety-inducing final exams can be.

"I'll probably be on campus next week studying so it'll help to get my mind off all my tests."

Daniel Cisneros,

CSUF Senior

"If you keep studying for too long it'll get to you to a point," Cisneros said. "It's very stressful; I have a lot of exams that are comprehensive."

Though enthusiastic about Exam Jam, Cisneros was unaware that AS Rec Sports will be hosting the stress-reducing service.

"I was wondering where they advertise for these things," Cisneros asked.

AS Rec Sports have brightly colored fliers promoting Exam Jam posted throughout the Physical

Education Building, and have placed some throughout the campus.

Willer said she hopes the fliers promoting the variety of activities will attract all students, not just athletes or kinesiology students.

"We're trying to appeal to men and women [of] all different backgrounds," Willer said.

Some of the things students will be able to participant in are basketball, volleyball and badminton, said Alison Wittner, AS assistant director of programs.

Also, a hip-hop/dance class will be taught on Monday and Thursday nights while a Pilates class will be held on Wednesday, Wittner said.

For those unfamiliar with the hip-hop and Pilates classes, Exam Jam will be an introduction to those programs, which are separate weekly lessons, free to all CSUF students.

Other weekly classes offered by AS Rec Sports include tai chi, kung fu and yoga, among others. Next semester wushu will be added to the roster.



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